

## SUMMER REGRESSION



## **JULY 2011 CALENDAR**

"Fitness and Fun... For Everyone!"

| Sunday                               | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   | Saturday                                |
|--------------------------------------|--|--|--|---|--|---|
| Sport of the Week:<br>Golf           | 4 "4th of July Holiday See you at the Parade!"   | 5 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim     | 6<br>6-7:30am Lap Swim<br>8-8:45am Pre-K Swim<br>9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim  | 7 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim                                | 8<br>6-7:30am Lap Swim<br>8-8:45am Pre-K Swim<br>9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim        | Character Trait Of the Week: Commitment |
| Sport of the Week:<br>Lacrosse       | 11 6-7:30am Lap Swim 8-8:45am Pre-K Swim 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim                | 9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim | 13<br>6-7:30am Lap Swim<br>8-8:45am Pre-K Swim<br>9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim | 9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim                            | 15 6-7:30am Lap Swim 8-8:45am Pre-K Swim AM & PM REC Trip: "Library/Russell Park" 4-5pm Open Swim          | Character Trait Of the Week: Fairness   |
| Sport of the Week:<br>Tennis         | 18 6-7:30am Lap Swim 8-8:45am Pre-K Swim 9am-12pm AM REC 1-4pm PM REC 4-5pm Open Swim                | 9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim | 20<br>6-7:30am Lap Swim<br>8-8:45am Pre-K Swim<br>9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim | 9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim                            | 22<br>6-7:30am Lap Swim<br>8-8:45am Pre-K Swim<br>9am-4pm Field Trip:<br>"Buffalo Zoo!"<br>4-5pm Open Swim | Character Trait Of the Week: Honesty    |
| Sport of the Week: Baseball/Softball | 25<br>6-7:30am Lap Swim<br>8-8:45am Pre-K Swim<br>9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim | 9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim | 6-7:30am Lap Swim<br>8-8:45am Pre-K Swim<br>11am-5pm Field Trip:<br>"Bison's Game!"                  | 28<br>6-7:30am Lap Swim<br>9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim | 29<br>6-7:30am Lap Swim<br>8-8:45am Pre-K Swim<br>9am-12pm AM REC<br>1-4pm PM REC<br>4-5pm Open Swim       | Character Trait Of the Week: Passion    |